

Member Guide

4-H Favorite Foods

Unit 3



What Is 4-H?

Did you know that as a 4-H member, you belong to an organization which has more than 100,000 members in Texas and more than two million in the United States?

4-H Club work is the youth phase of the Texas Agricultural Extension Service. 4-H Club work is voluntary. There are no dues and 4-H is not a school subject. To become a 4-H Club member, an individual must be between the ages of 9 and 21, must want to be a member, must know about 4-H work and what is expected. 4-H members learn improved practices in agriculture, home economics and related fields by carrying on 4-H result demonstrations. 4-H is a family affair in which you and your parents, with the advice of adult leaders and county Extension agents, decide on your result demonstration. You will work with an adult leader in a subject-matter group to develop your result demonstration. You will learn useful and practical skills.

Adult leaders are the key persons in every 4-H Club. You and other members of your subject-matter group will work with your subject-matter leader to plan and carry out your group activities. The organization leader of your 4-H Club will help you and other club members plan and carry out the monthly club meetings and club activities. County Extension agents train and advise these adult leaders.

The four-leaf clover is the accepted emblem. The letter "H" on each leaf stands for Head, Heart, Hands and Health. This emblem is protected by the United States Department of Agriculture copyright.

The 4-H colors are green and white.

The 4-H prayer is "Help me, O Lord, to live so that the world may be a little better, because Thou didst make me. Amen."

In support of the 4-H Club Motto, "To Make the Best Better,"

I Pledge:

My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service, and
My Health to better living
For my club, my community and my country.

4-H parents + adult leaders + county Extension agents added to interested 4-H members = useful citizens. This is the 4-H Club team.

MEMBER GUIDE-4-H FAVORITE FOODS, UNIT 3

EXTENSION FOODS AND NUTRITION SPECIALISTS

Texas A&M University

IN THIS UNIT, you should learn much about foods and nutrition that will prepare you to be a good homemaker. You will learn more about why food is important to our health and appearance; how to plan, prepare and serve special meals; details of social graces; management related to food; customs of other countries; the wide variety of foods available; and how to prepare and serve cake, yeast rolls, pie, broiled meat and ice cream.

Attendance at Meetings

Try to attend all meetings of your 4-H Favorite Foods Unit 3 group. If circumstances make it impossible for you to attend, study the information in the meeting in your member guide. Discuss any questions with your leader. Prepare the food that you would have prepared in the meeting. For example, if you missed the meeting on cakes, make one at home and take all or a part of it to your leader and discuss with her how you made it. She will be glad to tell you if your product is good or she will tell you how it could be improved.

Your Goals in Unit 3:

1. Practice table courtesies at home and away.
2. Check your meals for a week by the Texas Food Standard or Food for Fitness guide; then plan meals and eat by one of these plans.
3. Use properly and safely the pressure canner and other equipment used in this unit.
4. Prepare and serve one food from each of these groups 3 times or more:

Cake
Yeast rolls
Pie
Broiled meat
Ice cream

5. Plan, prepare and serve one time or more each of the following:

Refreshment plate
Grilled out-of-door meal
Quick meal
Foreign meal

6. Cooperate with your subject-matter group and plan, prepare and serve a special meal together or do it at home.

7. Can and/or freeze five containers of vegetables and other foods for your family or help someone else.

8. Make a favorite foods reference file.

9. Lead one or more group discussions and give one or more method demonstrations.

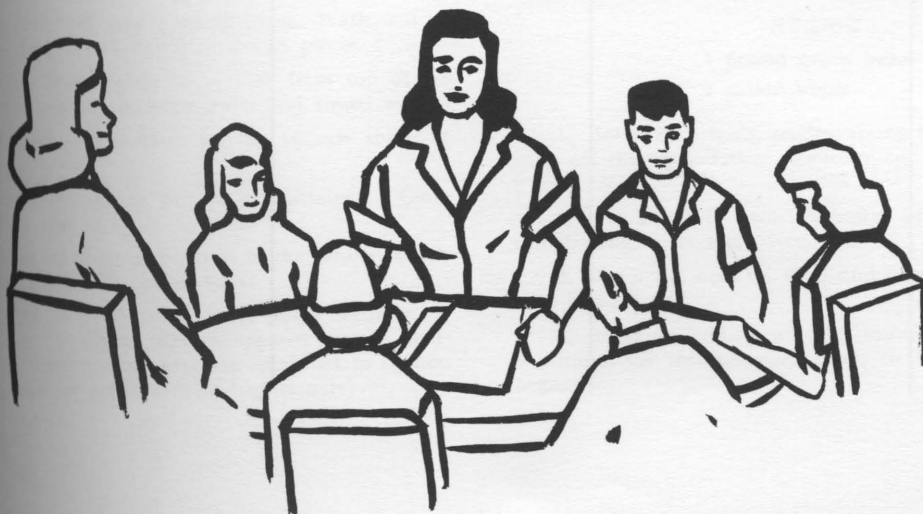
10. Keep foods record up-to-date.

11. Exhibit your favorite food at the 4-H Favorite Food Show.

Make an Annual Plan

You will want to attend a meeting with your 4-H Favorite Foods group and your parents before the subject-matter meetings begin. Discuss the goals for the unit and review the suggested meetings. Make an annual plan at this meeting. Help plan for providing needed equipment and supplies and do other planning for your first subject-matter meeting.

In order that you can know what group activities are planned and when, your group will need to fill out the form on page 4 at your preplanning meeting. It is not necessary to have lessons in the order given in your guide; you will need to plan when you want to have each meeting and how many of the meetings you will have during the year.



ANNUAL PLAN

Meeting 1 — Canning or Freezing Green Beans

At this meeting you will learn:

1. The place of vegetables in the diet.
2. To select quality green beans.
3. To snap or chop beans.
4. To use a pressure cooker.
5. To can green beans.
6. To blanch green beans for freezing.
7. To package green beans for freezing.
8. To label canned and frozen green beans.
9. To judge good-quality, canned and frozen vegetables.

Do these things before you begin:

1. Study recipe.
2. Get equipment together.
3. Get food together.

CANNING GREEN BEANS

(One-step cold pack)

EQUIPMENT

Knife for chopping
Chop board
Large mixing bowl
Scoop or large spoon
Kettle or saucepan
Measuring spoons
Pressure canner
Dish cloth
Jar lifter
Hot pads
Pint jars and lids
Labels

RECIPE

1 pound green beans
1 teaspoon salt
Water

1. Select only fresh, tender young beans. Wash; cut or snap off tips. Snap or cut into 1 or 2-inch pieces.
2. Pack raw beans tightly to $\frac{1}{2}$ inch from top of jar that has been washed in hot soapy water and rinsed well.
3. Cover with boiling water leaving $\frac{1}{2}$ -inch space at top of jar.
4. Wipe off the sealing surface of containers. Close according to the type of lid being used.
5. Place the closed jar of hot food in the canner, which contains $1\frac{1}{2}$ to 2 inches of boiling water.
6. Place the lid on the canner and fasten securely. If the lid is fastened by clamps, tighten opposite clamps moderately at first. Then go back over the whole set to tighten each pair as much as possible (with fingers only).

7. Leave the petcock open until the steam escapes steadily for 10 minutes so that no air will remain in the canner. Close the petcock.

8. Count processing time as soon as the pressure reaches 10 pounds or the adjusted pressure. Adjust pressure for altitudes according to the following table.

Feet elevation	Pounds pressure
1 - 1000 feet	10 pounds
1000 - 3000 feet	11 pounds
3000 - 5000 feet	12 pounds

9. Keep a uniform pressure by adjusting the heat or by moving the canner carefully.

10. Process pint jars of green beans 20 minutes in pressure canner.

11. At the end of the processing time, remove the canner from the heat.

12. Allow the canner to cool until the gauge registers zero. Leave jars in canner about 5 minutes. Remove jars and place right side up on a rack far enough apart to cool quickly. Do not place in a draft or on a cold surface.

13. When cool, label with name and date and store in a clean, cool, dark, dry place.

Do these things before you begin:

1. Study recipe given below.
2. Get equipment together.
3. Get food together.

FREEZING GREEN BEANS

EQUIPMENT

Knife for chopping
Chop board
Large mixing bowl
Scoop or large spoon
Hot pads
Dish cloth
Moisture-vapor-proof container such as glass freezer jar, plastic container
Blancher or large cooker and wire basket
Container for ice water or running water
Marking pencil

RECIPE

1 pound green beans
1 gallon water

1. Select only fresh, tender, young beans. Wash, cut or snap off the tips. Freeze whole or cut or break into 1 or 2 inch pieces.
2. Put beans in blancher basket or wire basket; lower into boiling water and cover.
3. Keep the heat on high and begin counting heating time immediately.
4. Heat in boiling water 2 minutes for small beans, 3 minutes for medium-sized beans or 4 minutes for large beans.

5. Plunge basket of heated beans into a large container of ice water or into running cold water. It takes about as long to cool beans as to heat them.

6. When beans are cool, remove them from water and drain.

7. Pack the beans into moisture-vapor-proof container. Leave ½-inch headspace. Seal.

8. Label container with name of vegetable, date and locker number if to be stored in locker.

9. Freeze immediately and store at 0 degrees F. or below.

10. Green beans may be stored a year or less.

FOOD MAKES A DIFFERENCE

Vegetables are important in the diet for needed minerals and vitamins. Vegetables with deep green or yellow color are excellent sources of vitamin A which is important to the development of physical vigor, the prevention of colds, skin infections and night blindness. Vegetables also contain riboflavin, which helps you to have healthy eyes and skin.

If your family has a garden or if vegetables are available in quantity at a reasonable price, it may be desirable for you to can and freeze your

family vegetable supply. Plan to conserve enough vegetables so that each member of your family can have a serving of potatoes, green or yellow vegetables and other vegetables each day, when they are not available fresh. Your leader will help you make a preservation budget for your family.

Serve this menu for dinner:

Roast Beef
Canned or Frozen Green Beans Baked Potatoes
Canned Beet Slices and Fresh Onion Ring Salad
Frozen Yeast Rolls
Ice Cream Freezer Ice Cream
Milk Tea

Are you proud of what you have done?

Your leader will give you score cards for scoring frozen and canned vegetables. Go over each point to see if your products measure up.

TRY ME'S

Can and/or freeze surplus vegetables you purchase when reasonable in price and plentiful or those which you grow in your home garden. Ask your leader for instructions for canning other vegetables.

Meeting 2 — One-Two-Three-Four Cake

At this meeting you will learn:

1. The place of cakes in the diet.
2. The difference between cake flour and all-purpose flour.
3. The method of mixing cakes that contain fat.
4. To prepare cake pans to keep layers from sticking.
5. To place cakes in oven to get best heat circulation.
6. To use a candy thermometer.
7. To test syrup using cool water.
8. To beat boiled icing.
9. To test boiled icing to see if it is ready to spread on cake.
10. To use waxed paper to keep cake plate clean when putting on icing.
11. To judge cakes and boiled icing for quality and possible cause of failure.

Do these things before you begin:

1. Read the recipe.
2. Get equipment together.
3. Get food together.

One-Two-Three-Four Cake

EQUIPMENT

Liquid measuring cups
Dry measuring cups
Measuring spoons
Metal spatula
Rubber spatula
Mixing spoon
Electric mixer or egg beater
2 sheets waxed paper or aluminum foil
Sifter
Medium-sized mixing bowl
Large mixing bowl
3, 7-inch square or round cake pans

RECIPE

½ cup butter or margarine
½ cup shortening
1¾ cups sugar
*3 cups cake flour
3 teaspoons baking powder
4 eggs
1 cup milk
⅛ teaspoon salt
1 teaspoon vanilla
½ teaspoon lemon flavoring

*All-purpose flour has a higher content of protein and makes a less tender cake than cake flour. To substitute, use ⅞ cup all-purpose flour for 1 cup cake flour.

1. Heat oven to 375° F.
2. Cream the butter or margarine, shortening and sugar thoroughly.
3. Add flavoring.
4. Beat eggs well. Add to fat and sugar mixture and mix well.
5. Sift dry ingredients together three times. Sift on waxed paper or aluminum foil.
6. Cut flour mixture into four stacks with metal spatula.
7. Add $\frac{1}{4}$ of flour mixture to fat mixture and mix in lightly.
8. Add $\frac{1}{3}$ cup milk and mix lightly.
9. Continue adding one fourth of flour and one third of milk alternately, until all is added.
10. Cut two pieces of waxed paper, the size of cake pan bottom and put in pans. Do not grease sides of cake pans since the batter will cling to the pan until done which will help keep the top flat. You may grease the bottom of the cake pans lightly but thoroughly and flour lightly instead of using waxed paper. Pour cake batter in pans. Pour the same amount of batter in each pan or as nearly the same as possible.
11. Put in oven. Stagger pans on rack for best circulation. Set timer. Bake 25 to 30 minutes. Cake is done when it pulls from sides of pan and when it springs back on top when touched with fingers.
12. Remove cake from oven. Set on cooling rack. Let stand for about 3 to 5 minutes. Turn out on cooling rack.
13. Cut a piece of wax paper into 4 triangles and lay on edge of cake plate. Place layer on plate and ice.

Boiled Icing

EQUIPMENT

Saucepan
Liquid measuring cup
Dry measuring cup
Measuring spoon
Electric mixer or egg beater
Rubber spatula
Metal spatula
Candy thermometer

RECIPE

$2\frac{1}{4}$ cups sugar
 $\frac{1}{2}$ cup light corn syrup
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup water
2 egg whites
1 teaspoon vanilla

1. Put sugar, corn syrup, salt and water in saucepan. Cook over medium heat. Stir only until sugar dissolves. To test, put spoon in syrup and lift out. Touch finger to spoon and when you can feel no grains of sugar it is dissolved.

2. Put candy thermometer in pan and cook until 248° F. or firm ball stage. In damp weather add 2 degrees. To test for firm ball stage, drop syrup into cool water. Roll between fingers. It is done when ball is firm and does not stick to fingers.

3. Beat egg whites until stiff but not dry.

4. Pour syrup slowly into beaten egg white, beating constantly. Do not scrape sides of pan in which syrup is cooked, since crystals may be present. Presence of a single crystal of sugar will often start a chain of crystals causing all of the icing to granulate.

5. Add vanilla and continue beating until the frosting holds its shape when tossed over the back of a spoon.

6. Spread between layers with a metal spatula; then on sides of cake. Last, spread on top.

7. If the icing becomes too stiff to handle easily, add a small amount of hot water and beat until mixed well.

Are you proud of what you have done?

Your leader will give you a score card for scoring cakes made with fat. Go over each point and score the cake or cakes made at the meeting. The following will help you to know what to do to improve your cake.

Common Cake Failures and Causes

Result: Cracked top—hump or blisters on top.

Caused by: Too hot an oven—too much flour.
Result: Dry cake.

Caused by: Too much flour—too much baking powder—too little shortening, sugar or liquid.

Result: Heavy, gummy cake.

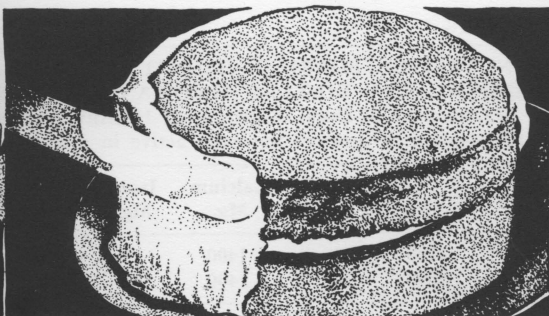
Caused by: Incorrect cooling—insufficient mixing—too much shortening, sugar, or liquid—wrong proportion of baking powder.

Result: Moist, sticky crust—crust peels off—spotted mottled crust.

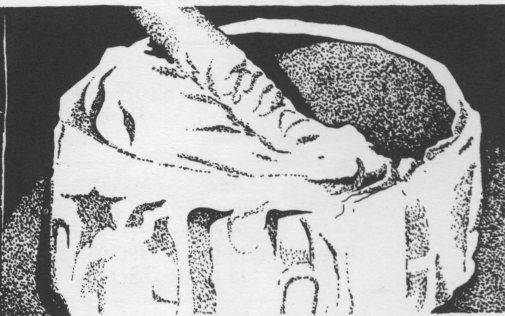
Caused by: Too much sugar—too slow an oven.



Place lower layer upside down on plate. Spread with icing or filling.



Place top layer right side up on top of iced layer. Frost sides with spatula.



Spread icing lightly over top. Make attractive ridges or swirls with spatula.

Result: Coarse-grained cake.

Caused by: Insufficient mixing — incorrect oven temperature — too much baking powder.

Result: Fallen cake.

Caused by: Too little flour — too much baking powder, shortening or sugar — too much batter in pan — too hot an oven.

Result: Uneven color.

Caused by: Insufficient mixing — too fast baking.

Result: Unpleasant color and odor.

Caused by: Poor-quality shortening and flavoring extracts — stale nut meats — poor-quality eggs and milk — poor-quality or wrong kind of fat used to grease pans — ingredients used in cake have absorbed odors in pantry or refrigerator.

FOOD MAKES A DIFFERENCE

Cakes are a source of enriched cereal; however, they also contain other foods needed in the diet, depending on the recipe as shown in table 1. Cakes are high in calories which we get from carbohydrates, fats and protein. Eat cakes moderately to prevent overweight and skin blemishes. Check the Food for Fitness Guide to see how many foods needed daily you get from one-two-three-four cake.

Try this menu for dinner:

Roast Beef
Yellow Squash
Tossed Salad
Crescent Rolls
Fruit Cup One-two-three-four Cake
Milk Coffee

Serve the fruit cup in a dessert dish set in a dessert plate. Place a slice of cake to the right

TABLE 1. Nutritive value of one-two-three-four cake and boiled icing

One-two-three-four cake			Calories	Protein Gm.	Calcium Mg.	Iron Mg.	Vitamin A value I.U.	Thiamine Mg.	Riboflavin Mg.	Niacin Mg.	Ascorbic acid Mg.
Food	Amount										
Butter	½ cup	802		0.6	22	0	3,695		.01	.01	
Shortening	½ cup	884									
Sugar	1¾ cups	1,400									
Flour, cake	3 cups	1,092		22.5	51	1.5		.09	.09	2.10	
Eggs	4	300		24.0	104	5.2	2,200	.20	.56		
Milk	1 cup	165		9.0	288	.2	390	.09	.42	.30	3
Boiled Icing											
Sugar	2¼ cups	1,800									
Corn syrup	½ cup	456									
Egg whites	2	30		6.0	4	.2			.16		
Total food value of cake and icing			6,009	62.1	469	7.1	6,085	.38	1.24	2.41	3
Food value of 1 slice of cake			1/16 of cake 375	39	39	.4	380	.02	.08	.15	.02

FOOD AND NUTRITION BOARD, NATIONAL RESEARCH COUNCIL
RECOMMENDED DAILY DIETARY ALLOWANCES, REVISED 1958
Designed for the Maintenance of Good Nutrition of Healthy Persons in the U.S.A.
(Allowances are intended for persons normally active in a temperate climate)

	Age (years)	Weight kg. (lb.)	Height cm. (in.)	Calories	Protein Gm.	Calcium Mg.	Iron Mg.	Vitamin A I.U.	Thiamine Mg.	Ribo. Mg.	Niacin Mg. equiv.	Ascorbic Acid Mg.
Boys	13-15	49(108)	163(64)	3100	85	1400	15	5000	1.6	2.1	21	90
	16-19	63(139)	175(69)	3600	100	1400	15	5000	1.8	2.5	25	100
Girls	13-15	49(108)	160(63)	2600	80	1300	15	5000	1.3	2.0	17	80
	16-19	54(120)	162(64)	2400	75	1300	15	5000	1.2	1.9	16	80

side of the dessert dish. If cake is served alone as the dessert, serve on dessert plate. Eat with a salad fork or dinner fork.

TRY ME'S

To vary the one-two-three-four cake, add two squares chocolate to milk and use two tablespoons less of butter.

Lady Baltimore Filling

Add 1 cup seeded raisins, 1½ cups chopped nuts, 1 cup chopped dates or figs to one half of the boiled icing. Spread between layers and cover cake with remaining icing.

Lemon Filling

3 tablespoons cornstarch or
¼ cup flour

¼ teaspoon salt
¾ cup sugar
½ cup cold water
½ cup boiling water
1 tablespoon butter or margarine
3 tablespoons lemon juice
1 teaspoon grated lemon rind
2 egg yolks

1. Mix the cornstarch, sugar and salt. Add cold water and stir until free from lumps.
2. Add the boiling water and cook until thick and clear. Continue cooking 3 minutes, mixing lightly.
3. Combine the remaining ingredients, mixing lightly, and add to the first mixture.
4. Cook 1 minute and cool before placing between layers of cake.
5. Ice the cake with boiled icing

Meeting 3 — Yeast Rolls

At this meeting you will learn:

1. The place of breads in the diet.
2. To scald liquid and test for correct temperature.
3. To mix rolls.
4. To knead rolls on pastry cloth or board.
5. To punch down dough.
6. To shape rolls.
7. To serve rolls.
8. To score rolls.

Do these things before you begin:

1. Study recipe.
2. Get equipment together.
3. Get food together.

Yeast Rolls

EQUIPMENT

Liquid measuring cups
Dry measuring cup
Measuring spoons
Metal spatula
Rubber spatula
Small mixing bowl
Large mixing bowl
Dairy thermometer
Pastry cloth or bread board
Sifter
Mixing spoon
Saucepan

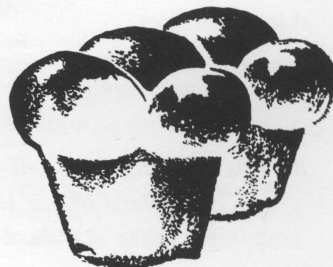
RECIPE

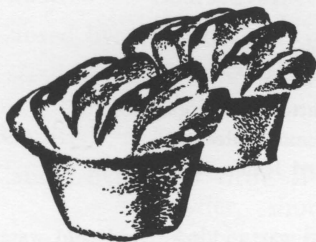
¾ cup milk
¼ cup sugar
2¼ teaspoons salt
4½ tablespoons shortening
¾ cup lukewarm water
1 package yeast or 1 yeast cake
4½ cups flour, about

1. Scald milk in saucepan over medium heat. Stir in sugar, salt and shortening.
2. Cool to 80 to 85 degrees F. or lukewarm. Use a dairy thermometer to test or sprinkle drop of liquid on the inside of the wrist. If it feels neither warm nor cool, it is lukewarm.
3. Sprinkle or crumble yeast into water. Let stand until dissolved. Stir. Add lukewarm milk mixture.
4. Add about half the flour. Beat until smooth. Stir in additional flour. Turn out onto lightly floured board or pastry cloth and knead about 5 to 10 minutes.
5. Place in a greased bowl and brush top lightly with fat.
6. Cover with a towel and let rise in a warm place, free from draft, until doubled in bulk.
7. Punch down by pushing the fist lightly in the middle of the dough.
8. Shape into rolls.

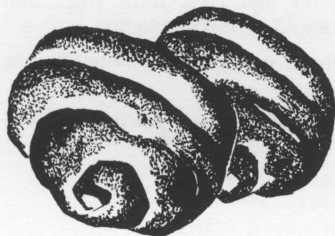
How to Shape Rolls

a. Clover leaf rolls:
Form dough into small balls. Dip each into melted butter or margarine. Place three balls in each cup of a greased muffin pan.

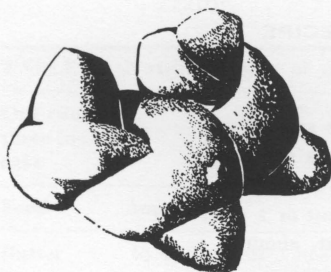




b. Fantans: Roll dough into a very thin rectangular sheet. Brush with melted butter or margarine. Cut in strips about 1 inch wide. Stack six or seven strips together. Cut pieces $1\frac{1}{2}$ inches long, and place on end in greased muffin pans.



c. Butterfly rolls: Roll dough into rectangular sheet $\frac{1}{4}$ inch thick and 6 inches wide. Brush with melted butter or margarine. Roll like a jelly roll. Cut in pieces 2 inches long. Press across center of each piece with knife handle or wooden spoon handle.



d. Bowknots: Roll dough under hands to $\frac{1}{2}$ -inch thickness. Cut roll in pieces about 6 inches long. Tie in knots. Place on greased baking sheet. Longer pieces may be made into rosettes. After tying a bow knot, bring one end through the center and the other over the side.



e. Crescents: Roll ball of dough into circular shape about $\frac{1}{4}$ inch thick and 6 inches wide. Brush with melted butter or margarine and roll up, beginning at the wide end. Curve into crescents on greased baking sheet.

9. Cover with a cloth. Let rise until double in bulk.

10. Bake in a 425° F. oven 15 to 20 minutes, depending on the shape of the roll.

11. Serve hot in a bread basket or plate lined with napkin.

FOOD MAKES A DIFFERENCE

Yeast breads are a source of enriched cereal; however, they also contain other foods needed in the diet, depending on the recipe. Yeast breads, like cakes, are high in calories and should be eaten in moderate amounts to prevent overweight and skin blemishes.

Serve this menu for dinner:

Broiled Chicken	
Peas	Corn
Pear Salad	
Yeast Rolls	Butter or Margarine
Baked Custard	
Milk	Coffee

Are you proud of what you have made?

Your leader will give you a score card for scoring yeast bread. Study each point to see if your product measures up.

TRY ME'S

Hot breads are popular with families. For variety, include yeast breads in your menu planning. Ask your leader for other recipes for yeast breads.

MAKE A REFERENCE FILE

Your leader will be giving you publications and other foods references so that you may learn more than just what you learn at your regular subject-matter meetings. This information will be easier to use if you make a good plan for its organization. It may be arranged in a note book with dividers or in a file box or filing cabinet in file folders. A file box might be made from a corrugated board box. Select a box the width of the largest publication you plan to file. It should not be too long, since that would make it hard to handle. It could be made stronger and more attractive by covering it with wall paper or wrapping paper.

You might use the food groups on the Food for Fitness Guide as headings for the dividers. As you collect information you may use other headings and other dividers and subheadings. The following outline is suggested:

Cereals	Menu planning
Desserts	Milk and dairy products
Food preservation	Nutrition
Fruits	Vegetables
Meat	

Another easy reference is a recipe card file. File recipes as you test them.

Meeting 4 — Pie

At this meeting you will learn:

1. The place of pie in the diet.
2. To make standard pastry.

3. To make pie crust for two-crust, lattice-topped and one-crust pies.

4. To make fruit and meringue pies.

5. To wrap pies for freezing.
6. To score pies for quality.

Do these things before you start:

1. Study recipes. Decide the kind of pie to make.
2. Get equipment together.
3. Get food together.

Pastry

One Crust — 8 or 9 inch

EQUIPMENT

Dry measuring cups
Liquid measuring cup
Measuring spoon
Sifter
Waxed paper
Mixing bowl
Pastry blender or 2 knives
Rolling pin
Kitchen scissors or knife
Pastry cloth or bread board

Pastry for One Crust — 8 or 9 inch

1 cup flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ cup shortening
2 to 3 tablespoons cold water

Pastry for Two Crust — 8 or 9 inch

2 cups flour
1 teaspoon salt
 $\frac{3}{8}$ cup shortening
4 to 6 tablespoons cold water

1. Sift flour and salt together. Add half the shortening and cut in with a pastry blender or two knives, until mixture looks like "meal." This helps make it tender.

2. Add remaining shortening and cut it in about the size of large peas. This helps make it flaky.

3. Sprinkle ice water lightly over mixture, blending gently with a fork. Use as little water as possible. Too much water makes pastry tough. Use just enough water so that you can gather dough together with the fingers and leave the bowl clean.

4. Rub flour into pastry cloth to keep dough from sticking. Round up ball of dough between cupped hands on a lightly floured pastry cloth. It will be easier to roll out pastry dough if it is allowed to stand a few minutes.

5. If you are making a two-crust pie, divide dough in half. If making a one-crust pie, use all of dough from recipe.

6. Roll dough out a little less than $\frac{1}{8}$ inch thick.

7. Keep in a circle and roll large enough to line pie pan. Estimate by holding inverted pan over the dough. Pastry circle should be about $\frac{1}{2}$ inch larger to allow for depth of pan. Work quickly and lightly. Do not bear down heavily. Handling pastry too much makes it tough. During rolling, if pastry breaks around outer edge in a few places, pinch the broken edges together to keep the circle intact.

8. Lightly fold pastry in half, quickly transfer to pie pan, unfold and fit pastry into pan. Do not stretch. Trim overhanging edges with kitchen scissors or knife.

9. Coat the bottom surface with 1 teaspoon melted butter to prevent the filling soaking in before oven heat seals the lower crust.

10. Set in refrigerator to chill thoroughly to make a more flaky crust.

11. For two-crust pie, roll remaining dough for the top a little thinner than for the bottom. Make it large enough to extend $\frac{1}{2}$ inch beyond edge of pan.

12. Fold in half and, with a sharp knife, make several slits through which steam may escape. The cuts may form a design.

13. Unfold; place on waxed paper; chill thoroughly while preparing filling.

Apple Pie

EQUIPMENT

Dry measuring cups
Measuring spoons
Paring knife
Cutting board
Mixing spoon
Large mixing bowl
Waxed paper
9" pie pan
Kitchen scissors or knife
Pastry cloth
Rolling pin and stockinet
Pastry brush
Fork

For 9-inch pie

6 cups sliced apples
 $\frac{3}{4}$ to 1 cup sugar
1 teaspoon cinnamon or nutmeg
1 tablespoon butter or margarine

For 8-inch pie

4 $\frac{1}{2}$ cups sliced apples
 $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ teaspoon cinnamon or nutmeg
 $\frac{3}{4}$ tablespoon butter or margarine

1. Select tart, juicy apples for pies; peel, quarter, take out cores and slice thinly. If apples are dry, sprinkle with a little water.

2. Mix sugar and spices. Smaller or larger amounts of sugar may be used according to sweetness of apples and desired taste.

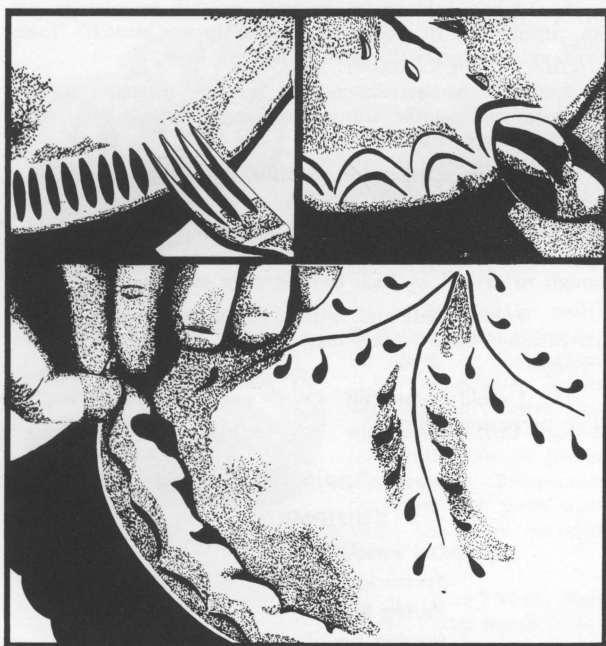
3. Fill pastry-lined pie pan with sliced apples, sprinkling with sugar and spice mixture.

4. Dot with butter or margarine.

5. Moisten the edge of pastry with a little cold water. Carefully place the chilled pastry for the top crust evenly on top of the filling, allowing it to fall loosely in place.

6. Trim off extra edge, but leave $\frac{1}{2}$ inch overhanging edge of pan.

7. Build up fluted edge. For a rippled fluting, catch rim of pastry with thumb and forefinger of both hands held about $\frac{1}{2}$ inch apart. Pull rim held by right thumb and



Three kinds of flutings—using the spoon, fork or fingers.

forefinger down and over toward you slightly, holding back the rim of other hand. Then place thumb and finger of left hand where those of right hand were and repeat. Repeat until entire rim is fluted.

8. For a shiny top crust, brush lightly with milk just before baking. For a sugary top, brush first with milk, then sprinkle with granulated sugar. For a glazed top, brush top with a mixture of whole egg or egg yolk and a little water, using the proportion of one half whole egg or one egg yolk and one half tablespoon cold water.

9. Bake at 450° F. for 10 minutes; then at 350° F. for 30 to 45 minutes, or until crust is nicely browned and apples are cooked through. Test with a fork.

10. Serve warm or cold. Pie may be topped with whipped cream or ice cream.

Cherry Pie (One 9-inch pie)

EQUIPMENT

Liquid measuring cup

Dry measuring cup

Measuring spoons

Mixing spoon

Mixing bowl

Knife

Strip of aluminum foil 1½ inch wide
and long enough to go around pie pan

9 inch pie pan

Pastry

Make pastry for two-crust pie

(See recipe page 11)

Filling using frozen cherries

¾ cup sugar

3 tablespoons cornstarch

¼ teaspoon salt

- 2 pounds frozen cherries,
thawed and drained (4 cups cherries)
- ¼ cup cherry juice
- ¼ teaspoon almond extract
- ¼ teaspoon red coloring
- 3 tablespoons melted butter or margarine
- Filling using canned cherries
- 1 cup sugar
- 3 tablespoons cornstarch
- Pinch salt
- 1 No. 2½ can pitted sour cherries
- ¼ cup cherry juice
- 4 drops almond extract
- 4 drops red coloring
- 1 tablespoon butter or margarine

1. Measure sugar, cornstarch, and salt into sifter. Sift into large mixing bowl.

2. Add cherries, cherry juice, almond extract, coloring and butter or margarine. Mix well.

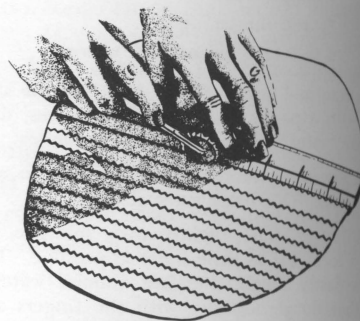
3. Pour into pastry lined pan. Let pastry hang ½ inch over edge of pan.

4. Roll pastry for top the exact size of pan. Cut in strips ½ inch wide. Moisten edge of bottom pastry with water. Lay half of pastry strips across filling 1 inch apart. Weave first cross strip through center. Add another cross strip, first folding back every strip going the other way. Continue weaving until lattice is complete.

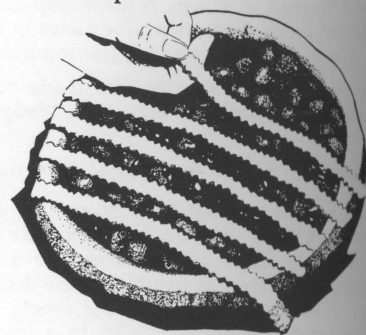
5. Fold lower crust over pastry strips. Press firmly around edge to seal strips to the rim. Flute edge.

6. Cut a 1½ inch strip of aluminum foil and place around pie to prevent edge of crust from becoming too brown.

7. Bake at 425° F. 55 minutes.



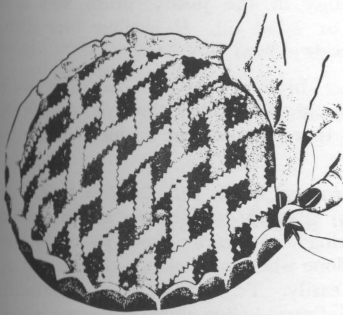
Use pastry wheel or knife to cut half-inch strips.



Lay seven strips across pie.



Begin lattice steps as outlined in point 4.



Seal strips to rim as outlined in point 5 and flute edges.

Lemon Meringue Pie

(One 9-inch pie)

EQUIPMENT

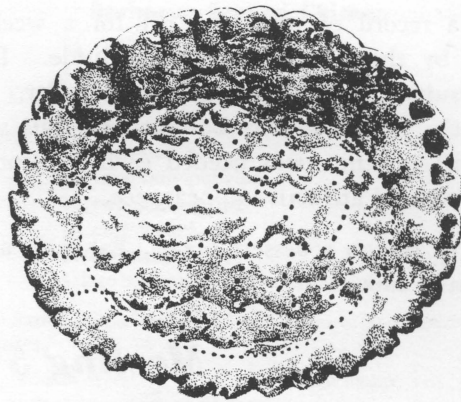
Dry measuring cups
Liquid measuring cup
Measuring spoons
Mixing bowl
Egg beater or electric mixer
Wooden spoon
Thick metal saucepan or double boiler
Chop board
Rubber spatula
Mixing spoons
Lemon reamer
Knife
Cooling rack

Pastry

1. Make pastry for one crust. (See recipe page 11.)
2. Remove pastry from refrigerator, prick surface of pastry with fork to prevent puffing during baking. If pastry persists on puffing, quickly reach in oven with long-handled fork, prick again in one or two places.
3. Bake at 475° F. 8 minutes. Cool thoroughly before adding cooled filling, so that crust will not become soggy.

Lemon Pie Filling

1½ cups sugar
7 tablespoons cornstarch
1½ cups boiling water
3 egg yolks



Prick pastry with fork to prevent puffing.

3 tablespoons butter or margarine
¼ cup lemon juice
1½ tablespoons grated lemon rind
Meringue
3 egg whites (room temperature)
¼ teaspoon cream of tartar
6 tablespoons sugar

1. Mix sugar and cornstarch. Stir in boiling water and cook over direct heat, stirring constantly until mixture thickens and boils. If saucepan is of thin metal, set over boiling water and cook 10 minutes longer. If thick-metal saucepan is used, finish over direct heat.
2. Beat egg yolks slightly. Beat in a little of the hot mixture then pour egg yolk mixture into remaining hot mixture in double boiler or saucepan. Cook 5 minutes stirring constantly. Remove from heat.
3. Blend in butter or margarine, lemon juice and rind. Cool.
4. Pour into cooled baked pie shell.
5. About an hour before time to serve pie, make meringue for topping.
6. To make meringue, beat egg whites, until frothy; add cream of tartar and continue beating until stiff enough to hold shape.
7. Gradually add in sugar, beating until mixture is stiff and glossy. Slow and complete blending in of sugar prevents beading of sugar on meringue.
8. Pile meringue lightly on cooled pie filling, seal it on edge of crust to prevent shrinking. Swirl or pull up points for decoration.
9. Bake at 350° F. 15 to 20 minutes until a delicate brown.
10. Cool pie at room temperature, away from drafts, because cold air makes it fall and condenses moisture on top of filling.
11. Serve cool.

FOOD MAKES A DIFFERENCE

Pies are a good source of other enriched cereals; however, they also contain other food needs in the diet, depending on the recipe. Pies are high in calories and should be eaten in moderate amounts to prevent overweight and skin blemishes.

Keep a record of what you eat for a week and check by the Food for Fitness Guide. Discuss the results with your mother and leader. They will help you to adjust your eating habits so that you will get the foods needed each day for good nutrition and attractive appearance.

Serve pie on a dessert plate. Eat with a salad or dinner fork.

Serve this menu for lunch.

Chicken Salad Crackers
Relish Tray
Apple Pie
Milk

Are you proud of what you have made?

Your leader will give you a score card for scoring pies. Go over each point to see how your product measures up.

Meeting 5 — Broiled Chicken

At this meeting you will learn:

1. The place of broiled chicken in the diet.
2. To select a chicken for broiling.
3. To use an oven broiler.
4. To prepare a chicken for broiling.
5. To baste a broiler.
6. To judge a broiler for doneness.
7. To serve broiled chicken.

Do this before you begin:

1. Read recipe.
2. Get equipment together.
3. Get food together.

EQUIPMENT

Measuring spoons
Brush
Liquid measuring cup or
pitcher with handle
Tongs
Broiler pan or rack

RECIPE

1 2-to-3-pound, ready-to-cook broiler
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

1. Select a broiler with good body conformation. It should have a broad breast, bulging thighs and large drum sticks. It should also have an even covering of fat over the entire body and be free of pinfeathers. It will have a high percentage of meat to bone.

In addition to these quality factors, the broiler should be free of deformities and blemishes. Some common blemishes are bruises (skin and flesh), abrasions, skin tears, blisters, calouses and discolorations caused by external parasites. Some common deformities are crooked breast bone, dented breast and crooked back.

2. To broil, cook by direct heat from an electric element, gas flame or hot coals.

3. Split chicken in half lengthwise. Remove backbone, neck and breast bones. Break drumstick, hip and wing joints to keep bird flat during broiling.

4. Season each half chicken with about $\frac{1}{4}$ teaspoon salt and $\frac{1}{16}$ teaspoon pepper.

5. If broiling in a range, place chicken halves in bottom of broiling pan — not on rack, so that chicken can

be kept moist in the juices. Brush with melted butter, margarine or salad oil. If broiling over coals, use rack. Place skin side down.

6. Place broiler 5 to 7 inches from source of heat. Chicken should be broiled slowly. Regulate heat or pan position so that chicken just begins to brown lightly in 10 minutes.

7. Turn and brush with fat 2 or 3 times (about every 15 minutes) during broiling to brown and cook evenly. Total cooking time varies from 35 to 50 minutes. The chicken is done when meat on the thickest part of the drumstick cuts easily. To test, move the drumstick with the thumb and finger, when done it moves easily.

8. Serve on warm platter, skin side up, or on a dinner plate. Pour the pan drippings over the chicken.

FOOD MAKES A DIFFERENCE

Poultry is an excellent source of protein, niacin and other vitamins, minerals and fat.

Protein is essential to muscles, strength and body form. It is a part of every living cell. Protein is made up of amino acids which might be called "building blocks." Ten of the amino acids are known to be essential for growth. Protein from animals or animal origin such as chicken, beef, eggs and milk contain all of the essential amino acids. Proteins from cereals, however, do not. When cereal foods are planned in meals, plan to use meat or animal derived foods also.

Niacin is one of the B vitamins. It is necessary for healthy nerves and skin.

Are you proud of what you have broiled?

1. Is the broiled chicken a golden brown?
2. Is it tender and moist?
3. Does the drumstick and thigh separate easily?

Try this for supper:

Broiled Chicken
Potato Salad
Relish Tray
French Bread
Watermelon
Milk Iced Tea

Special Broiled Chicken

- 1 lemon
- ¼ cup butter, margarine or oil
- 1 teaspoon salt
- 1 teaspoon sugar
- ¼ teaspoon paprika
- ⅛ teaspoon black pepper
- 1 2-to-3 pound ready-to-cook broiler

1. Cut lemon in half. Rub entire surface of chicken with cut lemon, squeezing lemon to get enough juice.
2. Melt butter or margarine. Brush fat on chicken to coat.
3. Mix salt, sugar, paprika and black pepper; sprinkle this on each half of chicken.
4. Broil as for broiled chicken. Brush with fat as chicken is turned.

Barbecue Broiled Chicken

- ¼ cup minced onion
- ¼ cup salad oil
- 1 tablespoon Worcestershire sauce
- 2 tablespoons brown sugar
- ½ teaspoon salt
- ¼ teaspoon paprika
- ¼ cup lemon juice
- ½ cup water
- 1 cup chili sauce
- 1 2-to-3 pound ready-to-cook broiler

1. Sauté onion and salad oil, stirring frequently; about 10 minutes.
2. Add Worcestershire sauce, brown sugar, salt, paprika, lemon juice, water and chili sauce.
3. Simmer 10 to 15 minutes, stirring occasionally. Makes 2 cups.
4. Broil as for broiled chicken. Baste chicken with sauce as it broils.
5. Serve with additional sauce if desired.

Meeting 6 — The Special Party

At this meeting you will learn:

1. The place of party meals in the diet.
2. To plan a party menu.
3. To invite guests to a party.
4. The duties of a hostess and guest.
5. To make introductions.
6. To set the table.
7. To serve the meal.
8. Table courtesies.
9. To participate in a discussion.

Plan the party menu:

When you are to be the hostess, you want your party to be something special. Food that looks and tastes good will help. All kinds of parties — birthdays, after the game, or club — require advance planning. Prepare the food ahead of time and think carefully about how you will serve it. With only brief last-minute touches necessary, you will be free to enjoy being with your guests.

A Suggested Special Party Menu:

THE BIRTHDAY PARTY

Fruit Punch Crisp Crackers

Chicken Shortcake Sweet and Sour Green Beans

Relish Tray

One-Two-Three-Four Cake with

Boiled Icing and Coconut

Vanilla Ice Cream

Coffee Tea Milk

Invitation:

Most of your entertaining at home will be informal, so invite your guests when you see them or by telephone. Make the invitations definite as to time and place. A friendly way to ask a guest over the telephone could be something like this:

"Will you come over for a party with us on Saturday the twenty-second of August at seven-thirty o'clock? John is having a birthday and I would like for you to help us celebrate."

The reply might be:

"It will be fun to help celebrate John's birthday Saturday at seven-thirty."

The hostess:

A hostess sees that her guests are not left alone, that they are comfortable and brought into the conversation. She begins the conversation on a subject of general interest; then gets the guests to continue the conversation.

Seating arrangements can make or break a party, so place your chairs in small groups that encourage conversation. If the guests do not know each other well, encourage them to move about and get acquainted.

If the party is a mixed affair, the hostess may arrange for girls to be escorted to and from her home. It is especially important to see that a girl is taken home after a party by one of the extra boys or by a couple living near the guest. A boy should consider it his responsibility to take one of the girls home.

Introducing guests:

A good host or hostess is always sure that all of the guests meet each other, but not necessarily at the same time.

When introducing people, mention first the name of the person who is being honored, age before youth, woman before man, a man of importance over a man of lesser rank or distinction. You will be correct if you say "mother, may I present Miss Jones?" or Mrs. Smith, Mr. Brown.

Men and boys usually shake hands. Women may do so if they wish. Boys always rise for introductions, but girls need not rise unless they are introduced to a woman or an elderly man. To avoid an awkward pause, mention a topic of common interest to start a conversation immediately following the introduction.

When you are introduced you may say, "How do you do!" or "How do you do, Mrs. Smith."

A pleasant farewell when leaving helps create a friendly feeling.

Being a good guest:

When you accept an invitation to a party, you obligate yourself to arrive on time, dressed appropriately, be cheerful and participate in the entertainment planned for you.

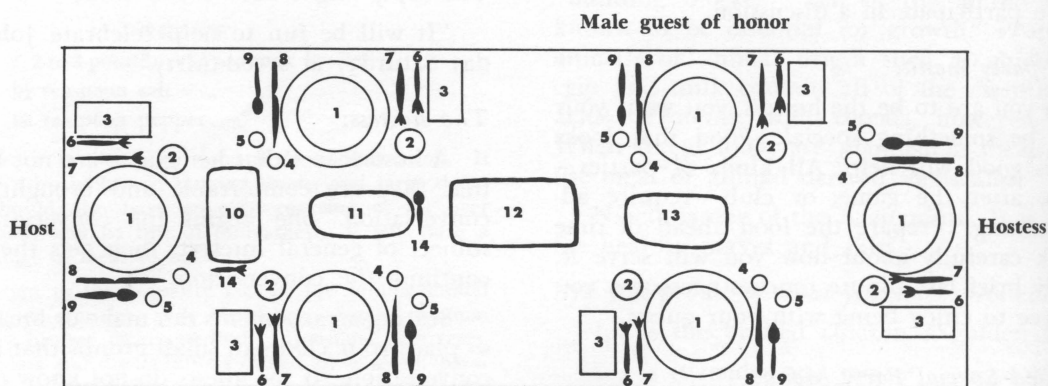
Greet the hostess, her parents, and any guest of honor before you join the others. When ready to sit, find a chair near a friend or person you know. A girl need not give her place except to an older woman, but a boy should offer his to a girl, a woman or an older man. A girl who is offered a chair should take it graciously.

Leave the party at the hour set by the hostess as the closing time. If she has said nothing about the time be alert to any cue that she may give. Leave with the group. Say goodbye to the host or hostess and to the guest of honor. Say a word of appreciation to your hostess' mother. Say goodbye to other guests who may be near.

A good table setting is one with an appropriate theme consistently carried out. The birthday cake, Christmas bells or a Valentine heart are familiar ones, but others may be found by looking in dish cabinets, in the yard, fields, woods or beaches, in stores and in magazines. These themes can give life to special meals.

An appropriate table setting is suited to the occasion, your family and guests, your cooking and

Table setting



- Female guest of honor**
1. Serving plate
 2. Salad plate
 3. Napkin
 4. Water glass
 5. Milk or ice tea glass
 6. Salad fork
 7. Dinner fork

- Member who helps with serving**
8. Dinner knife
 9. Teaspoon
 10. Main dish
 11. Relish tray
 12. Centerpiece
 13. Rolls
 14. Serving silver

the plate, then passes it to the hostess. She serves the plate then passes it to the person to the right of the host. Then the others on that side of the table are served. The host is served last.

Foods such as bread, butter and gravy are passed around the table either right or left but always in the same direction.

5. No one begins eating until all are served. The hostess gives the sign by beginning to eat first. If you wonder which silver is correct to use, watch the hostess and use the same kind she uses.

6. When cutting food, hold the fork in the left hand, tines down, with the forefinger resting along the back. Hold the knife in the same position in the right hand. Cut only one or two bites at a time. Take the food to the mouth with the fork in the right hand with the tines up. After cutting, place the knife across the upper edge of the plate with the cutting edge toward the center. Don't "gang-plank" the knife. Silverware is never placed on the table after it has been used. Bread is broken, then broken again and each bite buttered as it is eaten. It is permissible to butter the entire piece of hot bread at one time. Leave the salad fork on the salad plate after each bite.

7. If one of the group wants seconds, he passes his plate to the host to be served. When second servings are offered, never say, "Would you have

some more beans?" Instead say, "Would you have some beans," or "May I serve you?"

8. Clear the table when the family has finished eating the main course. Remove the dishes of food first, then soiled dishes from individual covers. Remove dishes of hostess first, then in regular order around the table. Do not stack dishes. Generally food is served and dishes removed from the left, with the exception of beverages.

9. When the group has finished eating, the family members fold their napkins as they were and place them to the left of the plate. Guests may only partially fold their napkins, then place them to the left of their plate.

10. Rise from the left of the chair.

Question and Answer Period

Ask any question you may have about table service and courtesies. The leader will help you answer them or direct you to a source of information. Other members of the group may answer some of your questions and you may answer some of theirs.

FOOD MAKES A DIFFERENCE

Plan party meals to meet nutritional needs as well as for attractiveness and taste.

Meeting 7 — Quick and Easy Meals for Special Occasions

At this meeting you will learn:

1. The place of quick and easy meals in the diet.
2. To plan quick and easy meals for special occasions.
3. To prepare and serve a quick and easy meal for a special occasion.

"COME ON OVER FOR SUPPER!"

(A Meal from the Freezer)

Individual Meat Loaves
Peas-in-cream Stuffed Baked Potatoes
Frozen Fruit Salad
Rolls
Apple Pie

Do this ahead of time:

1. Prepare and freeze individual meat loaves.
2. Prepare and freeze English peas or purchase them frozen.
3. Prepare and freeze fruit salad.
4. Prepare and freeze apple pie using recipe, page 11.
5. Prepare and freeze yeast rolls using recipe, page 12.

Individual Meat Loaves

EQUIPMENT

Mixing bowl
Mixing spoon
Measuring cups
Measuring spoons
Grater
Moisture-vapor-proof wrapping material

RECIPE

1 egg
½ cup milk
1 cup soft bread crumbs
1 teaspoon salt
½ teaspoon dry mustard
½ teaspoon celery salt
¼ teaspoon pepper
¼ teaspoon nutmeg
3 tablespoons grated onion
1 pound ground meat

1. Combine egg, milk and bread crumbs.
2. Add remaining ingredients and mix.
3. Shape into six small loaves.
4. Wrap in moisture-vapor-proof material and freeze.

Stuffed Baked Potatoes

EQUIPMENT

Mixing bowl
Knife
Mixing spoon
Measuring cup
Measuring spoons
Saucepan
Egg beater or electric mixer
Grater
Moisture-vapor-proof material

RECIPE

3 baking potatoes
¼ cup grated cheese
Milk to moisten
2 to 3 tablespoons butter or margarine
Salt and pepper to season

1. Wash potatoes. Bake at 400° F. 1 hour.
2. Cut in half and remove inside of potato.
3. Add milk, melted butter or margarine, salt and pepper. Beat until light and fluffy.
4. Pile lightly into shells and top with grated cheese.
5. Wrap for freezing.
6. Serves 6.

Peas-in-cream

EQUIPMENT

2-quart covered casserole
Measuring cup
Measuring spoon

RECIPE

2 packages frozen peas
1 cup light cream
2 teaspoons salt

1. Place all ingredients in a 2-quart casserole and cover.

Frozen Yeast Rolls

EQUIPMENT

Aluminum foil

1. Make yeast rolls using recipe, page 9.
2. Cool. Wrap in aluminum foil, using the drug-store wrap.
3. Freeze.

Frozen Fruit Salad

EQUIPMENT

Mixing bowl
Measuring cups
Measuring spoons
Egg beater or electric mixer
Rubber spatula
Metal spatula
Mixing spoon
Molds or freezing tray
Aluminum foil or plastic bag

RECIPE

2 tablespoons maraschino cherry juice
1 tablespoon lemon juice
½ cup diced canned apricots, drained
½ cup diced pineapple, drained
½ cup halved, seeded grapes
½ cup chopped maraschino cherries, drained
¼ cup sugar
½ cup whipping cream
¼ cup mayonnaise

1. Add cherry and lemon juice to fruits and sugar.
2. Whip cream until light and fluffy.
3. Add mayonnaise.
4. Fold into fruit mixture.
5. Spoon into individual molds or freezer tray and wrap with aluminum foil using the drug-store wrap or put in plastic bag and seal with rubber band.
6. Serves 6.

To prepare meal:

1. Unwrap potatoes. Arrange on cookie sheet and place in oven on top rack.
2. Unwrap individual meat loaves and place on baking platter on middle rack. Place unwrapped pie and casserole containing peas on lower rack.
3. Leave yeast rolls in aluminum foil and place on lower rack.
4. Bake at 375° F. 45 to 50 minutes.
5. Set table.
6. Just before removing dinner from oven, unmold or slice salad and place on crisp salad greens.
7. Serve meal family style or on individual plates.

"DROP IN AND HEAR MY NEW RECORDS"

QUICK MEAL MENU

Assorted Sandwiches
Relish Tray
Apple Graham Dessert

Do these things before guests arrive:

1. Make assorted sandwiches and freeze.
2. Prepare relish tray and put in refrigerator.
3. Prepare apple graham dessert and put in refrigerator.

Frozen Assorted Sandwiches

EQUIPMENT

Spatula
Freezer boxes
Moisture-vapor-proof material

INGREDIENTS

Bread
Butter or margarine
Minced chicken, ham, other meat, tuna,
peanut butter, cheese or cheese spread

1. Spread each bread slice with softened butter or margarine to keep bread from getting soggy.

2. Spread with fillings.

3. Place sandwiches in freezer boxes or suitable box, in layers, overwrap with moisture-vapor-resistant material.

4. Place in freezer.

5. Remove sandwiches from freezer 30 minutes to 1 hour before serving. Hold in refrigerator if not served immediately.

Relish Tray

EQUIPMENT

Paring knife

Chop board

French knife

Platter, plate or tray

RECIPE

Radishes

Cucumbers

Celery

Tomatoes

Fresh green onions

Lettuce

1. Use an assortment of radish roses, sliced cucumbers, celery sticks, sliced tomatoes, fresh green onions and lettuce wedges. Prepare a short time before time for the meal.

2. Arrange attractively on a platter, plate or tray.

3. Keep in refrigerator until time to serve.

Apple Graham Dessert

EQUIPMENT

Mixing bowl

Measuring cups

Measuring spoons

Can opener

Reamer

Paring knife

Sherbet dishes

RECIPE

1 package instant vanilla pudding

2 cups milk

1 No. 303 can apple sauce

½ teaspoon lemon juice

½ teaspoon cinnamon

⅛ teaspoon nutmeg

4 graham crackers, crumbled

1 tablespoon butter or margarine

1. Pour milk into mixing bowl.

2. Add instant pudding mix and stir until mixed thoroughly.

3. Mix together the applesauce, lemon juice, cinnamon and nutmeg. Melt butter or margarine and mix with graham cracker crumbs.

4. Into 6 sherbet glasses, spoon a layer of pudding, layer of applesauce, until filled. Sprinkle with nutmeg and graham cracker crumbs.

FOOD MAKES A DIFFERENCE

Three meals each day that meet the nutritional needs are essential to good health. Plan meals at least a week in advance. Keep foods on hand for emergencies and quick entertaining that can be worked into nutritious meals. Foods that may be prepared easily and quickly are canned foods, frozen foods and particularly prepared foods and mixes. Buy foods that represent each food group recommended in the Food for Fitness guide. During extra time, prepare main dishes, vegetables, salads, breads and desserts that are suitable for freezing. Make a one-two-three-four cake and freeze it in portions needed for one meal or freeze a gallon of ice cream in an ice cream freezer and store in meal size portions in a food freezer. Prepare a large recipe of meat and spaghetti and freeze it in baking dishes ready to slip into the oven.

With careful planning, family and company meals can be quick, easy and nutritious.

Are you proud of the meal you have prepared?

1. Is the meal nutritionally adequate?

2. Are all dishes well prepared?

3. Did I get the foods prepared in the length of time set?

4. Is the hot food hot and the cold food cold when it reaches the table?

5. Is the table set correctly and attractively?

Meeting 8 — Grill Cooking Out-of-Doors

At this meeting you will learn:

1. The place of grilled and other foods in good nutrition.

2. To plan a grilled meal.

3. To make a fire in a grill.

4. To cook a meat on a grill.

5. To test the grilled meat for doneness.

6. To serve an out-of-doors meal.

Do these things before you begin:

1. Plan menu.

2. Get equipment together.

3. Get food together.

Planning the Meal

Plan the grilled meal around the meat. A variety of meat cuts are suitable for grill cooking such as frankfurters, hamburgers, steaks, chops,

ribs, kabobs and chicken. Then, too, there are skillet and casseroles.

Serve grilled meat with cooked vegetables, crisp vegetable relishes and salads, bread, dessert and a beverage.

SUGGESTED MENUS

Grilled Frankfurters
Pickle Relish Hot Dog Buns
Tossed Salad
Vanilla Ice Cream
Iced Tea
Grilled Hamburgers
Corn-on-the-Cob Fresh Vegetable Tray
Hamburger Buns
Fresh Fruit
Iced Tea Milk
Grilled Steaks
Baked Potato Assorted Toppings
Sliced Tomatoes
French Bread
Cantaloupe
Iced Tea Milk

EQUIPMENT

Grill
Poker or shovel for coals
Long-spout sprinkling can or spray
bottle for water to douse flames
Padded mitts and big pot holders to
protect fingers
Long-handled fork, perhaps two
Long-handled spoon
Folding wire broiler with long handles
to hold meat and make turning easy
Long-handled swab (cloth or stick)
or a new paint brush to apply sauce
Long-handled skillets and saucepans
Big shakers for salt and seasonings
Cutting board
Sharp carving and slicing knives
Serving dishes and silver

The Grill

Outdoor grills are of many kinds. The essentials are rods, pipes or bars placed 2 or 3 inches apart over a bed of hot coals. The grill should be about 6 to 12 inches from the coals. Some portable grills are closer to the heat and therefore shorter cooking time is required. Some meats are best when cooked in a skillet or griddle placed on the grill.

The Fuel

Hardwood or charcoal gives hot heat without smoke or flame. Avoid wood that gives an objectionable odor or flavor to the food. Hickory shavings on coals give a pleasing smoky flavor to fresh and cured pork.

To Start the Fire

Liquid lighter: To use liquid lighter spray or pour on charcoal or wood. Wait a minute; light.

Other lighters: Wax lighters, candle stubs, gas or electric starters may be used.

To Grill the Food

1. When fire dies down to coals, you are ready to cook on the grill.
2. Rub the grill with suet or salad oil to prevent meat from sticking to the bars. Trim off excess fat from meat to prevent flames and smoke.
3. Place the meat on the grill so that the pieces do not touch.
4. Turn the meat every 10 minutes in the beginning to prevent excessive drip. If coals flame, spray over coals with a little water.
5. For a reserve of hot coals when cooking large pieces of meat, add a little extra charcoal around edges after the fire is ready for cooking, or replenish from another fire.

Grilled Frankfurters

1. Allow two frankfurters per person.
2. Before grilling, season with sauce as for barbecue broiled chicken, page 15, Tabasco, catsup or chili sauce.
3. Cook thoroughly on grill until hot and browned. Turn to brown evenly.
4. Swab with sauce.
5. Serve with prepared mustard, hot cheese sauce or pickle relish.

Grilled Hamburgers

1 pound ground beef
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons chopped onion, optional
⅛ teaspoon garlic salt, optional

1. Select ground round, chuck or flank with a liberal portion of fat. Allow ½ to ¾ pound per person.
2. Season ground beef with salt, pepper, onion and garlic salt.
3. Form into uniform patties about 1 inch thick. Place on hot grill.
4. Turn with broad spatula. Do not press.
5. Turn and cook until crusty brown outside and pink inside, about 10 to 15 minutes per side.
6. Season with equal parts of butter and blue cheese; barbecue sauce; cream butter and chopped chives; finely chopped onion; or meat sauce.

Grilled Cheese Burgers

Follow directions for hamburgers but place a slice of quick-melting cheese on top of each patty just before removing from grill. Allow to melt.

Grilled Beef Steaks

1. Select best-quality rib, club, T-bone, tenderloin, sirloin, rump or sirloin tip, 1 to 2 inches thick. Allow $\frac{3}{4}$ to 1 pound per serving.

2. Soak steaks 15 to 30 minutes in a thin barbecue sauce, page 15, soy sauce or a mixture of 1 cup salad oil, $\frac{1}{3}$ cup vinegar, 1 teaspoon salt, 1 or 2 crushed cloves of garlic.

How to Serve a Grilled Meal

Serve the grilled meat directly on a bun or on a large platter with the buns. Arrange relishes attractively on a serving tray. Serve salad in a large salad bowl. Serve dessert and beverage in dishes that are easy to handle out-of-doors. Pottery and paper dishes are appropriate for out-of-door meals.

FOOD MAKES A DIFFERENCE

The aroma of meat cooking on a grill is fragrant, tantalizing, whets the appetite, and may be nutritious, also. Plan the meal to meet the nutritional needs of each person.

Food is made up of substances called nutrients. They are chemical units. You need these nutrients for health, energy and growth. About 60 of these nutrients so far have been separated and named. Some of these units are needed in large amounts but only traces of others. The right combination of them is important. A carefully selected diet provides all 60 and more. The search continues for additional unknown nutrients in our food and for more facts about those already identified. The "key" nutrients are protein, carbohydrates, fats, calcium, iron, iodine, vitamin A, thiamine, riboflavin, niacin, vitamin C and vitamin D. You can base your diet plan on the Food for Fitness and

be assured that the foods chosen will provide these key nutrients and others known to be necessary.

With good health you can expect freedom from certain infections and from diseases caused by nutritional deficiency. You can expect to be more alert and more productive. Good health is the reward of a good diet.

These nutrients also provide warmth and energy you require as a living being. Your body keeps an almost constant temperature in heat and cold. Your vital processes continue whether you are awake or sleeping. Activity never ceases as long as life continues. Your food is the only source of energy you have to keep going every minute in work, rest and play.

Your food also provides materials for growth—for the building and repair of your body, for the renewal of worn-out cells and tissues.

Proteins, vitamins, minerals and energy-giving fats and carbohydrates are broad classes of essential nutrients. They come from plant and animal foods.

Most foods provide more than one kind of nutrient. While the protein, vitamin or mineral value of one may be outstanding, most foods have important amounts of several essential nutrients. For good nutrition, rely on a variety of selected foods.

Are you proud of what you cooked?

1. Is the food cooked to just the right doneness?
2. Does the food look and taste good?
3. Does the menu contain a pleasing combination of foods?

Meeting 9 — Foreign Foods

At this meeting you will learn:

1. That foreign foods are nutritious and add variety to the diet.
2. To plan menu, table service and decorations for a foreign meal.
3. To judge good-quality foreign food.

Do these things before you begin:

1. Plan menu, table service and decorations.
2. Get equipment together.
3. Get food together.

MEXICAN LUNCHEON MENU

Comida Mexicana

Guacamole Salad

Tortillas

Empanadas de Fruta (Fruit Turnovers)

Comida Mexicana

EQUIPMENT

Measuring cups
Measuring spoons
Skillet
Mixing spoon
French knife
Chop board
Paring knife

RECIPE

1 pound bulk pork sausage
1 cup diced onion
1 cup diced green peppers
2 cups tomatoes
2 cups sour cream or buttermilk
2 cups uncooked vermicelli

1 tablespoon chili powder

1/8 teaspoon comino

1 teaspoon salt

1. Brown sausage, onions and green pepper in a skillet.
2. Add tomatoes, sour cream or buttermilk, vermicelli, chili powder, comino and salt.
3. Cover and simmer for 2 minutes.
4. Serves 8.

Guacamole Salad

EQUIPMENT

Paring knife

Chop board

Mixing bowl

RECIPE

1 avocado

1 tomato

1 tablespoon lemon juice

1 teaspoon Worcestershire sauce

1/2 teaspoon salt

1 minced onion (small)

2 dashes Tabasco sauce

1. Peel avocado; remove seed and mash.
2. Peel and chop tomato. Mix with avocado.
3. Mix with remaining ingredients.
4. Serve on lettuce leaves.

Empanadas de Fruta (Fruit Turnovers)

EQUIPMENT

Measuring cups

Measuring spoons

Mixing bowl

Fork

See page 11, equipment for making pastry

Baking sheet

RECIPE

2 cups cooked or canned fruit,
drained and sieved

1 cup sugar

1 teaspoon cinnamon

1 teaspoon cloves

Pastry for 1 crust pie, page 11

1. Blend together the fruit, sugar, cinnamon and cloves.
2. Roll out pastry dough 1/8-inch thick and cut in 4-inch rounds. Lay 1 tablespoon fruit filling on half; wet edges with cold water. Fold over and press edges together lightly. Prick with fork. Lay on baking sheet. Put in oven.
3. Bake at 450° F. 15 minutes.

ITALIAN DINNER MENU

Italian Spaghetti

Insalata di Cavolfiore (Cauliflower Salad)

Garlic Bread

Torto di Ricotta (Cheese Torte)

Italian Spaghetti

EQUIPMENT

Measuring cups

Measuring spoons

Saucepan

French knife

Chop board

Frying pan or electric skillet

Mixing spoon

Grater

RECIPE

1 pound ground meat

1 12-ounce package spaghetti

6 cups boiling water

1/2 cup chopped onion

1 cup tomato sauce or 1/2 cup
tomato puree and 1/2 cup tomatoes

1 chopped green pepper

2 teaspoons salt

1/2 cup grated cheese

1. Cook ground meat in frying pan until slightly brown.
2. Cook spaghetti in boiling water until tender; drain.
3. Chop onion and pepper.
4. Grate cheese.
5. Add tomato sauce, onion, pepper and salt to spaghetti. Cook slowly 10 minutes.
6. Add cooked meat and cheese. Cook until cheese is partially melted.
7. Serve hot.

Insalata di Cavolfiore (Cauliflower Salad)

EQUIPMENT

Measuring cups

Measuring spoons

Saucepan

Paring knife

Salad bowl

Forks

RECIPE

1 head cauliflower, medium

7 anchovy fillets, cut into small pieces

10 sliced, pitted ripe olives

1 tablespoon minced onion

1 tablespoon bottled capers

1/2 teaspoon pepper

3 tablespoons olive or salad oil

1 tablespoon vinegar

1. Wash and trim cauliflower; break into small flower-ets.
2. Cook in 1-inch boiling salted water about 10 minutes until tender-crisp. Drain; chill.
3. In salad bowl, place chilled cauliflower, anchovy fillets, olives, onion, capers.
4. Sprinkle with pepper; pour oil and vinegar over all.
5. Toss well. Refrigerate 30 minutes.
6. Serves 4.

Torto di Ricotta (Cheese Torte)

EQUIPMENT

Measuring cups
Measuring spoons
Mixing bowl
Pastry blender or 2 knives
Pastry cloth
Rolling pin
9-inch pie pan
Egg beater or electric mixer
Paring knife
Cooling rack

RECIPE

1½ cups flour
⅓ cup sugar
1 teaspoon baking powder
¼ teaspoon salt
¼ cup butter or margarine
½ teaspoon vanilla
¼ to ⅓ cup milk
1 pound ricotta or 2 cups cottage cheese
1½ cups sugar
¼ teaspoon salt
4 eggs
2 teaspoons vanilla

1. Into a large bowl, sift flour, ⅓ cup sugar, baking powder and ¼ teaspoon salt.

2. With pastry blender or 2 knives, cut in butter or margarine into flour mixture until it is like coarse meal. Make a well in center of mixture; into it pour ¼ cup milk and ½ teaspoon vanilla mixed. With fork, mix lightly and quickly. Add enough more milk to form dough just moist enough to leave sides of bowl and cling to fork as a ball. Round up ball of dough between cupped hands on pastry cloth.

3. Set aside one-fourth of dough. Lightly roll remaining dough from center to edge in all directions forming circle about 1½ inches wider than inverted 9-inch pie plate. Line pie plate with pastry leaving overhang.

4. With egg beater or electric mixer at medium speed beat cheese, 1½ cups sugar, ¼ teaspoon salt, eggs and 2 teaspoons vanilla, until thick and smooth. Turn into pie shell.

5. Roll reserve dough into circle ⅛-inch thick. Make latticed top, then flute edge. See page 13 for instructions for making latticed pie.

6. Bake at 350° F. for 45 minutes or until nicely browned. Cool on rack.

7. Serve slightly warm.

FOOD MAKES A DIFFERENCE

Foods at your local supermarket come from all over the world. People are traveling all over the world. You may have a 4-H member in your group who has been an International Foreign Youth Exchange student, or there may be a foreign student in your area. If there is, ask him to visit your group and help you to prepare food and discuss the customs native to his land. Or go to your local library and look for information about any country in which you are interested. Look for cook books and magazines with recipes for foreign dishes. Plan a menu and party using ideas and information you get from your adventure in reading.

Any edible food contains essential food nutrients and may be combined with other foods into nutritious meals, whether grown in America or elsewhere.

Are you proud of your foreign meal?

1. Did you choose a combination of dishes that taste good and look good together?

2. Did you serve them attractively?

3. Did you learn to eat a food you had not eaten before?

Meeting 10 — Frozen Desserts

At this meeting you will learn:

1. The place of frozen desserts in the diet.
2. How to buy milk to get the most for your dollar.
3. Different kinds of stabilizers and their purpose.
4. To make a frozen dessert.
5. To serve a frozen dessert.
6. To judge good-quality frozen dessert.

Do these things before you start:

1. Study recipe.

2. Get equipment together.

3. Get food together.

EQUIPMENT

Measuring cups
Measuring spoons
Mixing bowl
Saucepan or double boiler
Egg beater or electric mixer
Mixing spoon
Metal spoon
1 gallon ice cream freezer
1 pound coffee can
Waxed paper or cork
Crushed ice
Ice cream salt

Custard Ice Cream (with cream)

(Made in Ice Cream Freezer)

RECIPE

- 4 cups milk
- 4 eggs
- 2 cups sugar
- ½ teaspoon salt
- 8 cups thin cream
- 2 teaspoons vanilla

1. Scald milk.
2. Beat eggs slightly; add sugar and salt.
3. Pour milk gradually over egg mixture; cook in heavy metal pan over direct heat or in double boiler until mixture coats a metal spoon.
4. Set pan in cold water to cool.
5. Add cream and vanilla.
6. Pour into 1-gallon ice cream can. Place in freezer tub.
7. Adjust lid and crank.
8. Pack tub two thirds full of crushed ice using four parts ice to one part salt. A pound coffee can is handy for measuring.
9. Pour cold water over ice until it trickles out of the overflow hole. Finish packing ice and salt in freezer tub.
10. Crank slowly 6 to 8 minutes; turn rapidly for remaining 5 to 7 minutes or until ice cream is firm. Add ice and salt to keep tub full during freezing. Do not drain off salt water until mixture is frozen unless there is a possibility of it getting into can.
11. When ice cream is firm, drain off brine; remove crank and lid.
12. To hold a couple of hours, remove dasher; plug lid with twist of waxed paper or cork. Pack freezer tub with 1 part salt and 4 parts ice.
13. Cover with newspaper and burlap.

Vanilla Ice Cream (with evaporated milk)

(Made in ice cream freezer)

- 2 cups sugar
- 2 teaspoons salt
- 2 tablespoons cornstarch
- 6 cups undiluted evaporated milk
- 2 cups water
- 4 eggs
- 2 tablespoons vanilla

1. Combine sugar, salt and cornstarch in saucepan.
2. Mix 2 cups evaporated milk and water; add to sugar and blend. Cook at medium heat until slightly thickened, stirring occasionally.
3. Beat eggs. Stir small portion of hot milk-sugar mixture into eggs. Pour into remainder of milk-sugar mixture in saucepan; cook 2 or 3 minutes longer. Remove from heat.
4. Add vanilla and 4 cups evaporated milk. Pour into 1 gallon ice cream freezer.
5. Freeze as for custard ice cream.

Try These Flavors of Ice Cream

Use either the recipe for vanilla ice cream made with cream or evaporated milk. Add one of the following:

Banana: (Omit vanilla.) Peel 4 ripe bananas; mash. Add 1½ tablespoons lemon juice.

Banana-nut: (Omit vanilla.) Peel 3 ripe bananas; mash. Add 1½ tablespoons lemon juice and ¾ cup chopped nuts.

Caramel: Heat sugar in pan until melted and caramelized. Add slowly to hot mixture.

Chocolate: Melt 2 squares unsweetened chocolate; add ¼ cup hot water; stir until smooth and add to hot mixture.

Peppermint: Grind or crush ½ pound peppermint stick candy and add to hot mixture, omitting 1 cup sugar.

Peach: Omit 4 cups cream or evaporated milk. Add 4 cups mashed fresh peaches. Sweeten to taste.

FOOD MAKES A DIFFERENCE

Many frozen desserts are made with milk which is the leading source of calcium. Milk builds bones and teeth and provides high-quality protein, riboflavin, vitamin A and other food nutrients. You already know the amount of milk needed in the diet each day for good health. Milk is sold in many different forms. Have you learned to shop for the family milk and dairy products supply to get the most for your food dollar? It is wise to study the kinds of milk, cheese and ice cream available and compare the price of the different brands, different sized containers and forms of milk and dairy products. Use a form such as shown on page 26 to make your study.

To Make Smooth, -Tasty, Frozen Desserts

Frozen desserts are crystalline in nature. The size of the crystals is affected by the ingredients used. They are improved in texture by the addition of a binding agent called a stabilizer. In the making of unstirred desserts, one of the best stabilizers is cream, which can be whipped to incorporate air to give smoother texture. The fat is evenly distributed and becomes more solid at low temperatures and adds to its smoothness. Fat, however, is expensive and too rich to use often. Many recipes have been developed with evaporated milk, thin cream or milk thickened with gelatin, flour, eggs or marshmallows as stabilizers for part or all of the cream.

Ice Cream to Be Stored in Food Freezer

To make ice cream in an ice cream freezer to store in a food freezer, use ¼ teaspoon gelatin to each cup of liquid. Soak the gelatin in ¼ cup cold milk for 5 minutes and then set over hot water. When melted, add slowly to ice cream mixture, stirring constantly. This acts as a stabilizer to improve the texture.

Use this form to help you shop for the family supply of milk and dairy products:

Food	Brand	Weight or size	Cost
Milk:			
Graded pasteurized milk			
Homogenized milk			
Skim milk			
Evaporated milk			
Sweetened condensed milk			
Nonfat dry skim milk			
Chocolate-flavored milk			
Buttermilk			
Cheese:			
Cottage cheese			
Cream cheese			
American cheese			
Other			
Ice cream:			
Ice cream			
Frozen custard			
Other			

How to Serve Ice Cream

Serve ice cream in a sherbet dish or dessert dish on a dessert plate. Try this menu:

Meat Loaf
Savory Panned Carrots Baked Potato
Apple-Celery Salad
Whole Wheat Bread

Ice Cream
Iced Tea

Are you proud of your ice cream?

1. Does it have a smooth texture?
2. Does it taste good?
3. Is it served attractively?

Meeting 11 — Quick Refreshments

At this meeting you will learn:

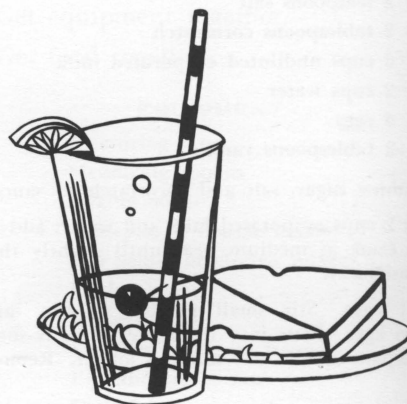
1. The place of quick refreshments in the diet.
2. How to plan for quick refreshments.
3. To prepare and serve quick refreshments.
4. To make plans for the Favorite Food Show.

Do this before you begin:

1. Plan menu and service.
2. Study recipes.
3. Get equipment together.
4. Get food together.

QUICK REFRESHMENT PLATE

Banana Nut Sandwiches
Salted Nuts
Mint Sparkle



EQUIPMENT

Bread knife
Chop board
Measuring cups
Mixing bowl
Mixing spoon
Metal spatula
Frying pan
Wooden spoon
Brown paper
Pitcher or large pan and ladle
Salad and dessert plates
Tall glasses
Napkins

Banana Nut Sandwiches

Banana nut bread, frozen
½ cup cream cheese
½ cup dried apricots, cooked
¼ cup dried prunes, cooked

Mix softened cream cheese with cooked mashed apricots and prunes. Spread between slices of banana nut bread.

Salted Nuts

1 cup nuts, peanuts, pecans or walnuts
½ cup butter, margarine or olive oil
Salt

Heat fat in frying pan. Put in enough nut meats at a time to cover bottom of pan and stir until delicately browned. Drain and sprinkle lightly with salt.

Mint Sparkle

1 cup water
1 cup corn syrup
½ cup fresh, frozen or canned lemon juice
½ teaspoon mint extract
Green food coloring
1 quart ginger ale

1. Combine water and corn syrup.
2. Add lemon juice, mint extract and enough food coloring to tint a delicate green.
3. Just before serving, add ginger ale. Pour into 6 ice-filled glasses. Garnish with mint sprig.
4. Serves 6.

Note: One 6-ounce can frozen lemonade may be substituted for first three ingredients.

SUGGESTED MENUS FOR QUICK REFRESHMENT PLATES

Peppermint Ice Cream	Chocolate Parfait
*Chocolate Brownies	*Sugar Cookies
*Lemonade	*Fruit Punch
*Divinity	Banana-nut Sandwiches
Buttered Popcorn	Salted Nuts
*Fruit Nectar	Fruit Punch

*Your leader can give you these recipes.

FOOD MAKES A DIFFERENCE

Plan refreshment plates high in nutritional value. The suggested refreshment plates contain citrus fruits or juices, important for vitamin C, other fruits for added minerals and vitamins and other foods important for good health. Plan refreshment plates carefully so that they will not contain extremely large amounts of fats and carbohydrates. Too much of these food nutrients in the diet can cause you to be overweight and develop other health hazards.

Are you proud of your refreshment plate?

1. Is the refreshment plate attractive and appetizing?
2. Do the foods taste good together?
3. Is it reasonably low in calories and high in a variety of nutrients?
4. Did you have your equipment, food, serving dishes and silver organized so that you worked orderly, easily and quickly?

Planning for Favorite Food Show

You will exhibit the favorite food that you have learned to prepare during the year from this unit at your next meeting. Invite your parents, other 4-H members and friends to see what you have learned. You may want to serve refreshments after they have seen your products.

You will need to decide on many things at this meeting so that the food show will be a success. Some are:

1. Where and when will the food show be held?
2. Whom will you invite? Who will invite the guests and how?
3. Who will help arrange foods in the food show?
4. Who will help clean up after the food show?

If refreshments are to be served, consider the following:

1. What will you serve? You will want to serve something you learned to prepare in this unit. Who will prepare the refreshments?
2. How will you serve the refreshments? Who will serve them?
3. How will you set the table? Who will set the table?

Meeting 12 — Favorite Food Show

The purpose of the Favorite Food Show is to give you a chance to exhibit a favorite food you learned to prepare this year and to tell how the food you exhibit makes a difference. It is also a chance for you to show your parents, your friends and other club members what you have learned during the year. You will have completed this unit after you have exhibited your favorite food at the show.

You and your leader will need to make some plans for the food show. You and the other members should help your leader make this a good show.

To exhibit in the favorite food show you will:

1. Select your favorite recipe used in one of the meetings or one of the extra recipes. These are cakes, yeast breads, pies, ice cream and broiled meat. You may prefer to select a recipe from one of the following meals: Special party, special occasions, grilled out-of-doors, foreign or quick refreshments.

2. Practice preparing the recipe until you are sure of a good product each time.

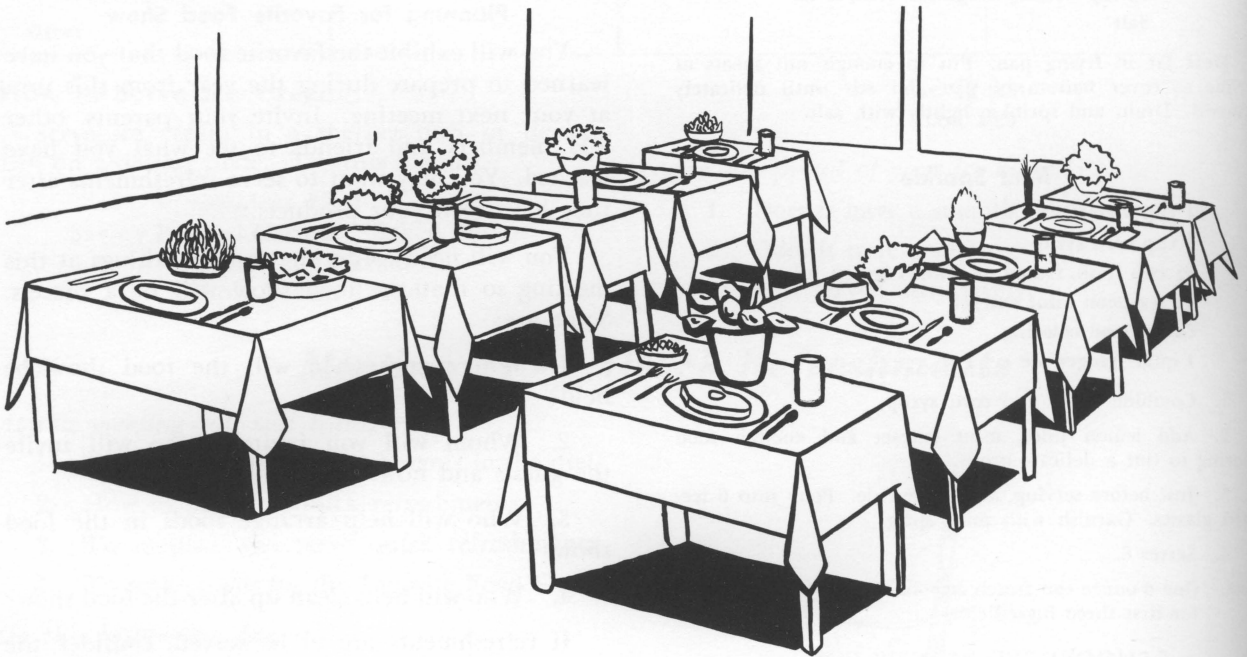
3. Plan the place setting and centerpiece carefully. If the dish is for a special party such as a birthday, select table appointments to carry out the birthday theme. If it is a foreign dish such as Mexican, select appointments for that theme.

4. Write your recipe and menu on cards.

5. Exhibit your recipe and menu card for favorite food, place setting, centerpiece and other appropriate table appointments on a card table or other individual table at the favorite food show.

6. Be able to tell the judge and others how to prepare and serve the food, why this food makes a difference and to discuss table courtesies.

7. Be scored by D-578, 4-H Favorite Food Show Score Card—Individual Display. You may get a copy from your adult leader or county home demonstration agent.



4-H Awards

Your adult leader and county Extension agent have information on awards programs available in foods and nutrition. If you are interested in participating in such a program, ask them for details.

When Is A 4-H Foods and Nutrition Result Demonstration Completed?

You have completed a 4-H foods and nutrition result demonstration when you have completed all of the goals listed on page 3.

Who Is A 4-H Foods and Nutrition Demonstrator?

Any 4-H club member who has completed the goals in 4-H Favorite Foods Unit 3, may be called a 4-H foods and nutrition demonstrator.

How to Plan More Things to Do in a 4-H Foods and Nutrition Demonstration

You may decide you would like to do more things than are included in the goals in Unit 3. Your county home demonstration agent and leader can help you plan more things to do. You may want to help your family with the vegetable garden, the orchard, the poultry flock or the milk cows or more work on nutrition, meal planning, conservation, buying, preparing and serving foods.

MY RECORD FOR 4-H FAVORITE FOODS UNIT 3 19

4-H member..... Address.....

Leader..... Address.....

Member and leader will sign here when goals have been completed.

Keep this report up to date. If you do other foods work not listed here, use D-312, 4-H Food Record and D-487, 4-H Food Preservation Record. To compile a report to enter in an awards program, use D312A, Summary Sheet of 4-H Food Records, which is a summary of all work done in Foods and Nutrition.

	Check	
	Yes	No
1. I practiced table courtesies at home and away.....		
2. I checked my meals for a week by the Texas Food Standard or Food for Fitness Guide and planned meals and ate by it.....		
3. I learned to use safely the equipment necessary to the development of this unit.....		
4. I prepared and served these foods:	Write in no. times	
Cake.....		
Yeast rolls.....		
Pie		
Broiled meat.....		
Ice cream.....		
5. I planned, prepared and served:		
Refreshment plate.....		
Grilled out-of-door meal.....		
Quick meal.....		
Foreign meal.....		
6. I helped with the planning, preparation and service of a special meal.....	Write in no. containers	
7. I canned or froze vegetables and other foods for the family.....		
or I helped can or freeze vegetables and other foods for some one else.....		
	Check	
	Yes	No
8. I made a favorite foods reference file.....		
	Write in no. times	
9. I led group discussions or gave method demonstrations.....		
	Yes	No
10. I have kept my foods record up to date.....		
11. I exhibited my favorite food at the 4-H Favorite Food Show.....		

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Ready to serve YOU...

are your COUNTY EXTENSION AGENTS. They represent both the U. S. Department of Agriculture and Texas A&M University in your county. These agents have ideas and materials that are helpful to everyone, regardless of whether you live on the farm or ranch or in a town or city.

Extension agents have information on a wide variety of subjects. For example, you can learn from them how to farm and ranch more efficiently achieve more satisfying family living discover how much we *all* depend on agriculture.

This publication is one of many prepared by the Texas Agricultural Extension Service of Texas A&M University to present up-to-date, authoritative information, based on the results of research. Such publications are available from your local agents whose offices usually are in the county courthouse or agricultural building.

Give your agents a try. They welcome your visits, calls or letters.

